



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35170, Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Report Date: July 16, 2017 05:50 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	63.35	1	--
Energy	kcal	186	--	--
Energy	kJ	778	--	--
Protein ¹	g	23.63	1	--
Total lipid (fat) ¹	g	10.17	1	--
Ash ¹	g	0.80	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	4	1	--
Iron, Fe ¹	mg	17.00	1	--
Magnesium, Mg ¹	mg	17	1	--
Phosphorus, P ¹	mg	140	1	--
Potassium, K ¹	mg	210	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ¹	mg	57	1	--
Zinc, Zn ¹	mg	2.60	1	--
Copper, Cu ¹	mg	0.148	1	--
Manganese, Mn ¹	mg	0.037	1	--
Vitamins				
Choline, total ¹	mg	63.1	--	--
Betaine ¹	mg	16.3	1	--
Vitamin A, RAE	µg	195	--	--
Retinol	µg	194	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	648	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) ¹	mg	0.27	1	--
Tocopherol, beta ¹	mg	0.00	1	--
Tocopherol, gamma ¹	mg	0.04	1	--
Tocopherol, delta ¹	mg	0.00	1	--
Vitamin K (phylloquinone) ¹	µg	0.0	1	--
Lipids				
Cholesterol	mg	121	--	--
Amino Acids				
Tryptophan ¹	g	0.227	--	--
Threonine ¹	g	0.923	--	--
Isoleucine ¹	g	0.896	--	--
Leucine ¹	g	1.826	--	--
Lysine ¹	g	1.913	--	--
Methionine ¹	g	0.482	--	--
Cystine ¹	g	0.127	--	--
Phenylalanine ¹	g	0.937	--	--
Tyrosine ¹	g	0.616	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Valine ¹	g	0.923	--	--
Arginine ¹	g	1.331	--	--
Histidine ¹	g	0.843	--	--
Alanine ¹	g	1.351	--	--
Aspartic acid ¹	g	1.967	--	--
Glutamic acid ¹	g	3.158	--	--
Glycine ¹	g	1.244	--	--
Proline ¹	g	1.084	--	--
Serine ¹	g	0.856	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD